TL 580

Notice à conserver
Keep these instructions
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
请妥善保存说明书

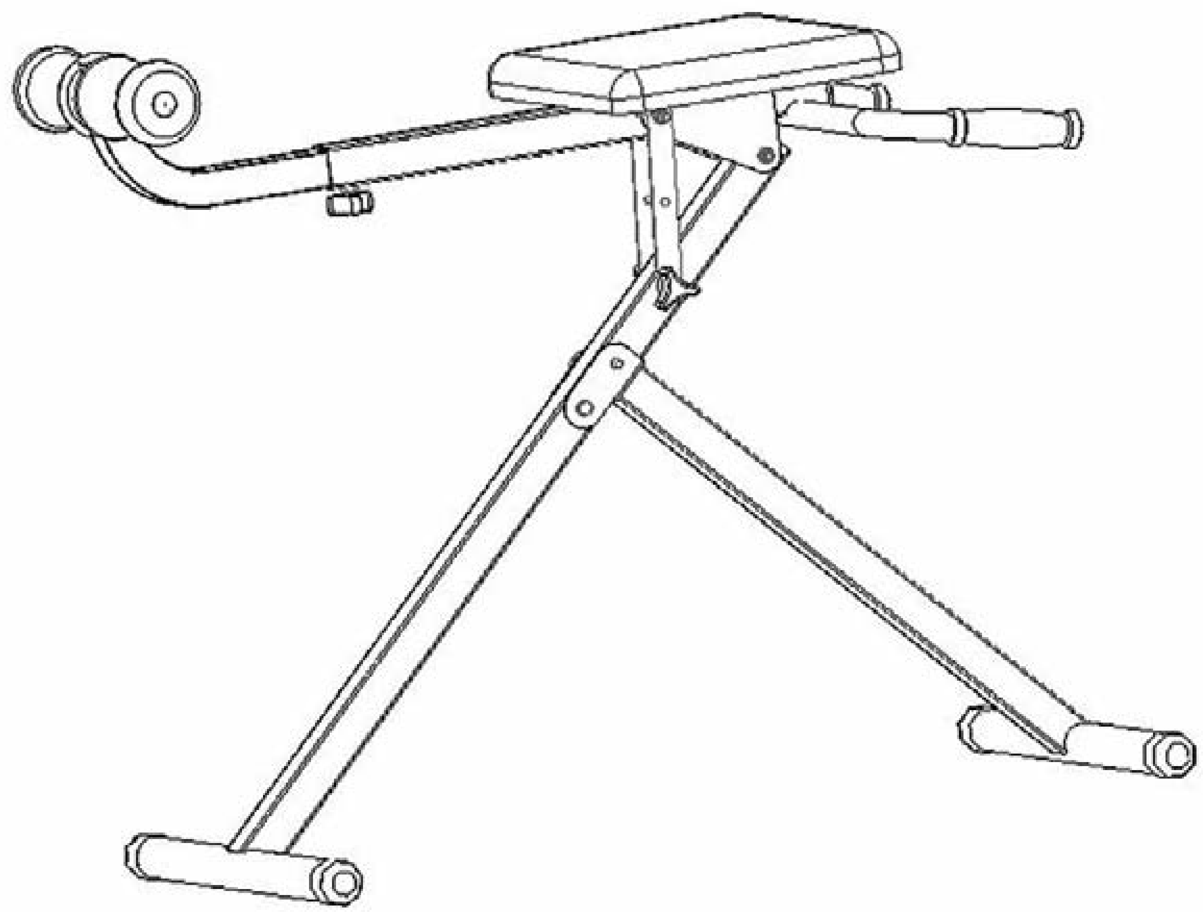
Réalisation : EVOLUTION + 32 / 69 250 500

DOMYOS

decathlon creation©
DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France
www.decathlon.com Made in Turkey - Hecho en Turquía - 土耳其 制造 - Произведено в Турции
Réf. pack : 1022.875 - CNPJ : 02.314.041/0001-88 合格品

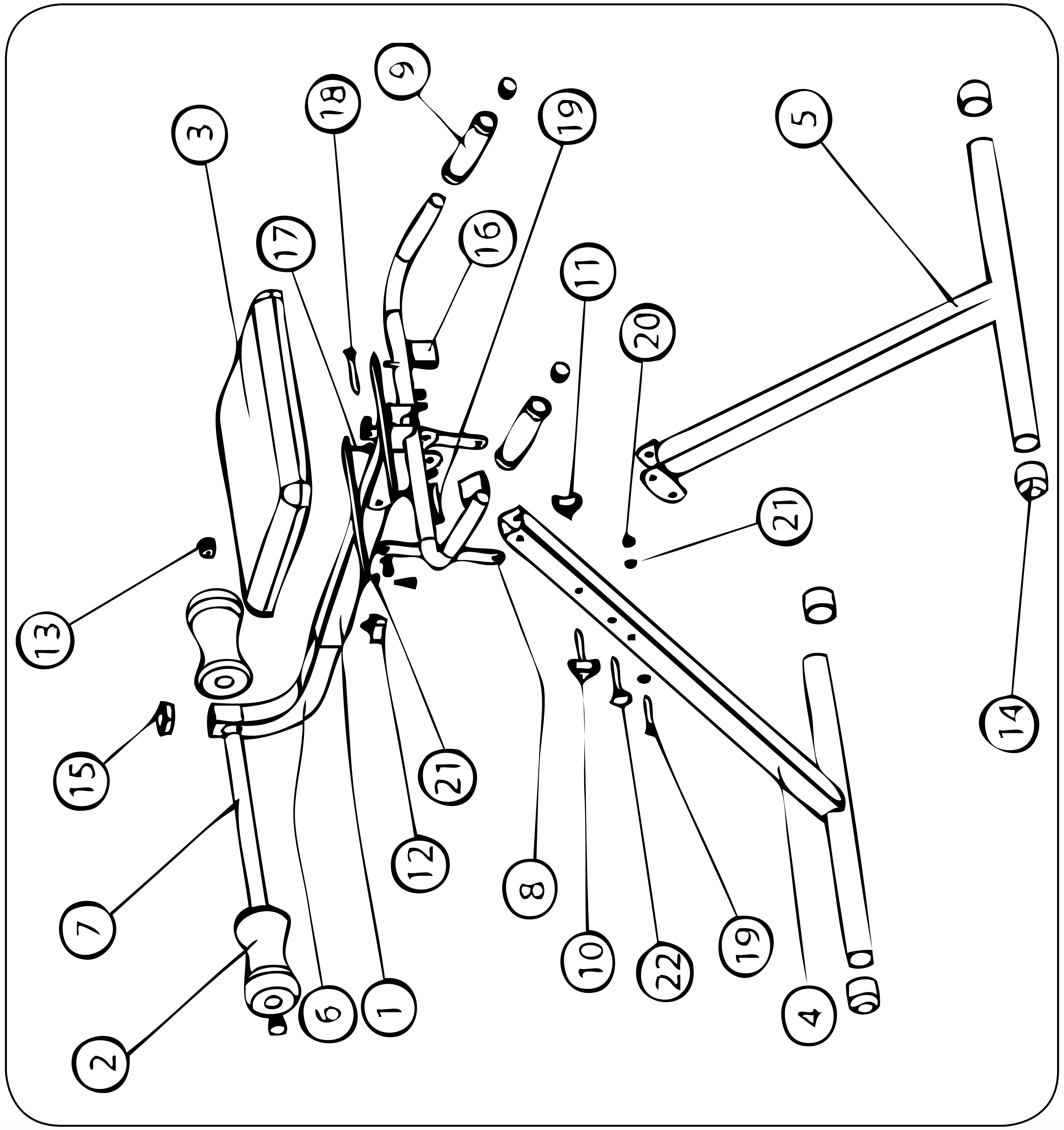
TL 580

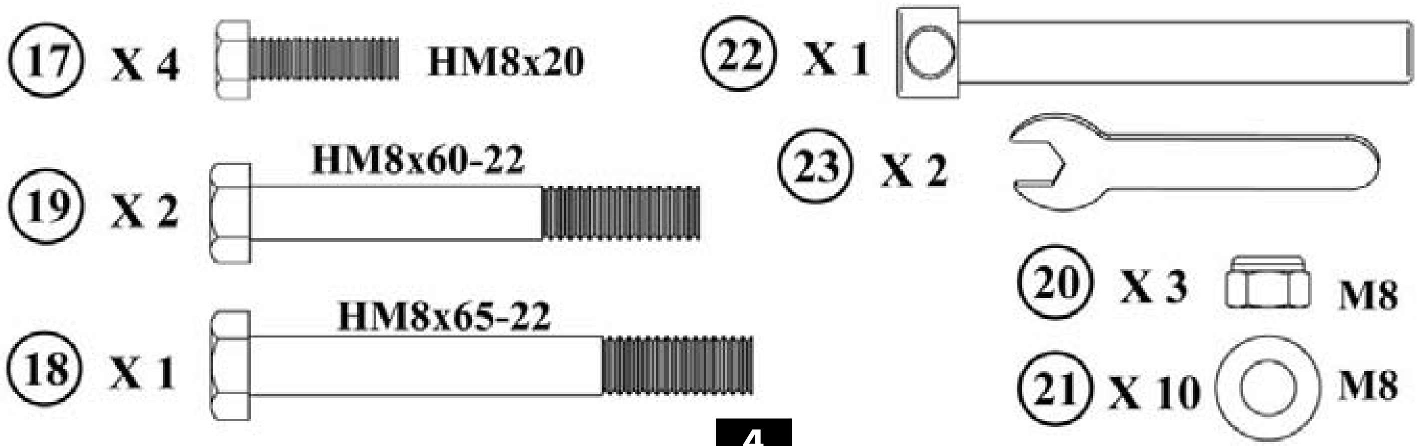
NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
使用说明书



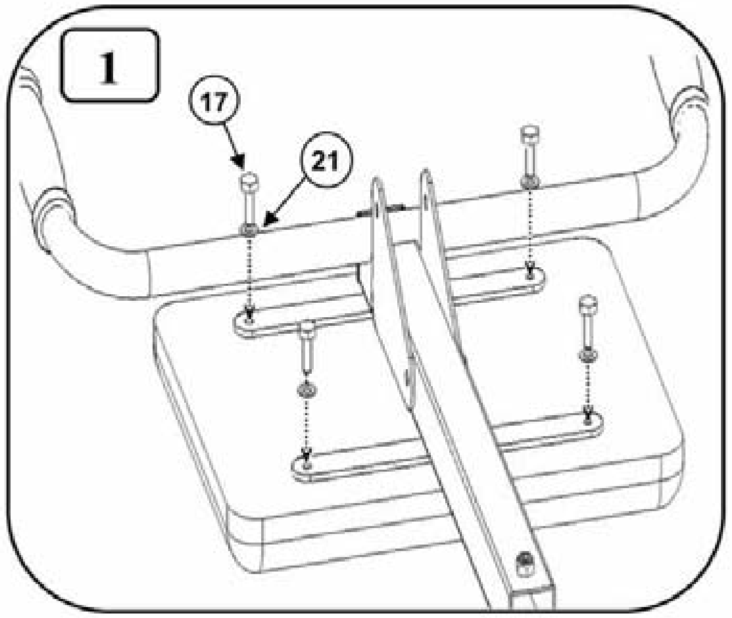
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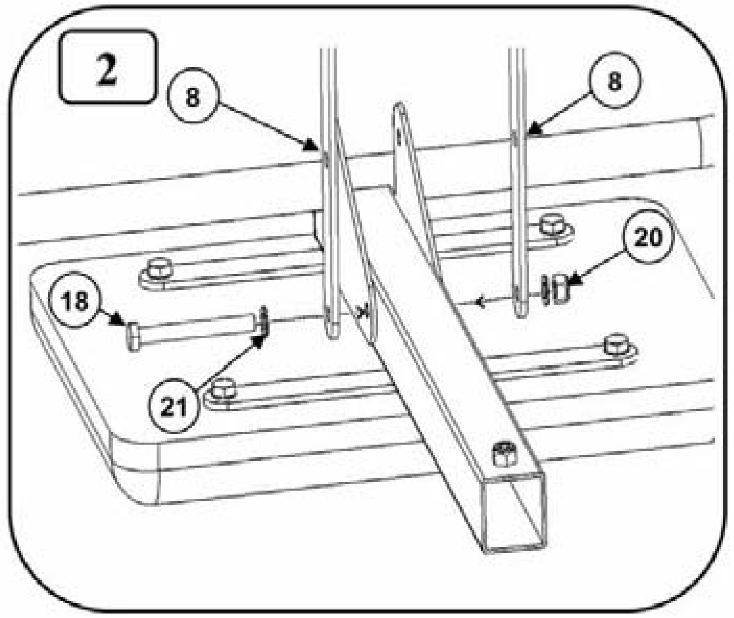
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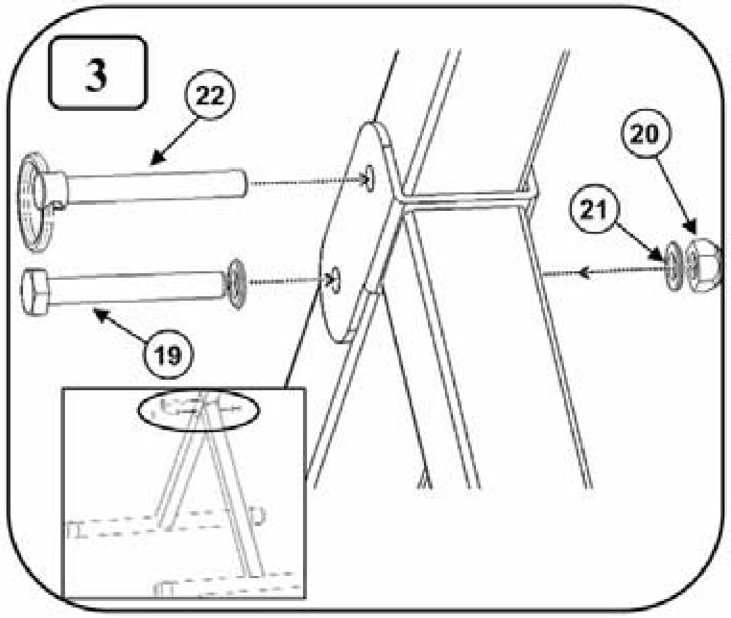


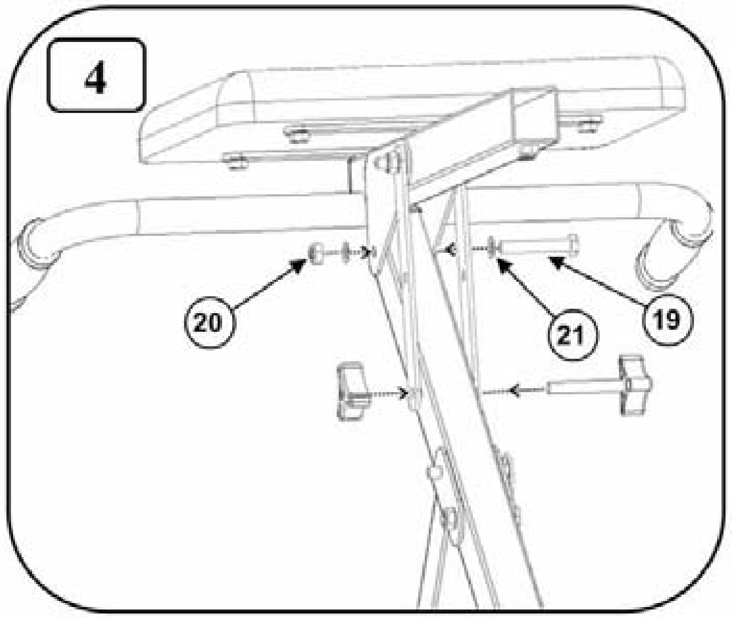


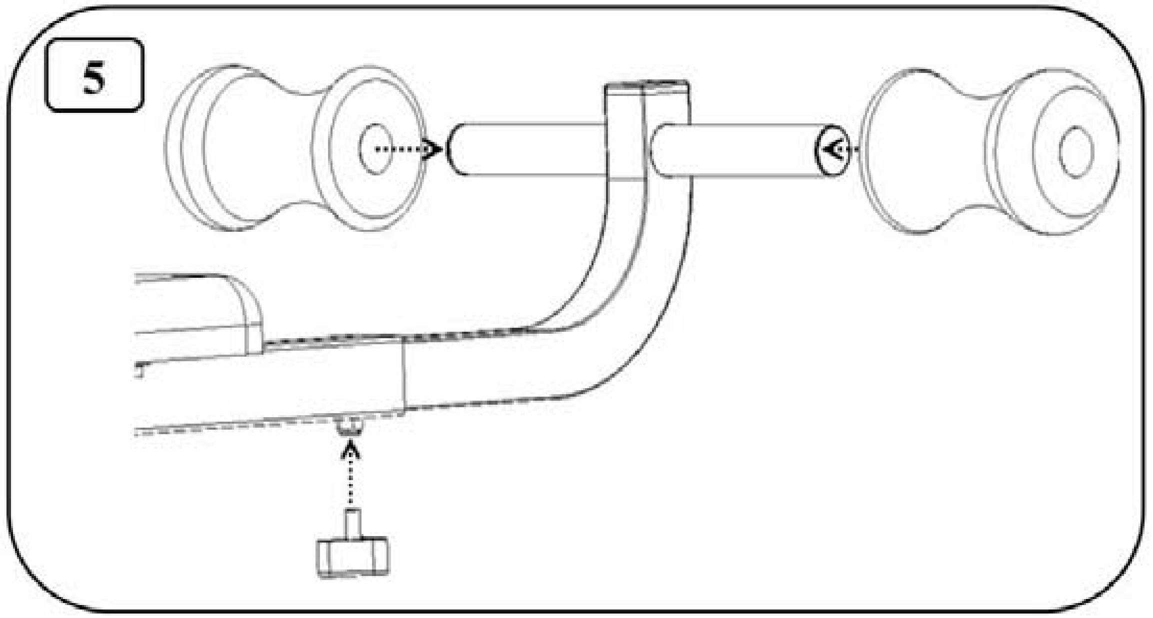
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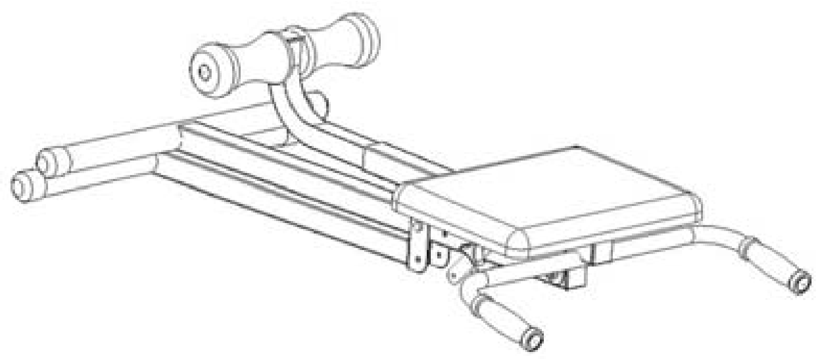




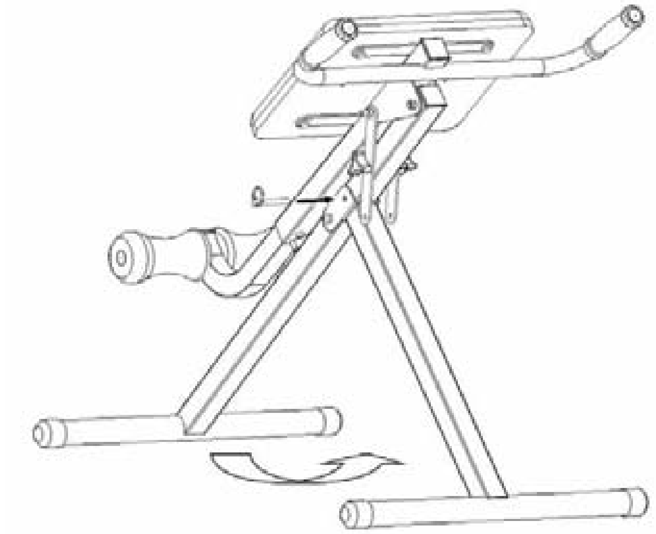


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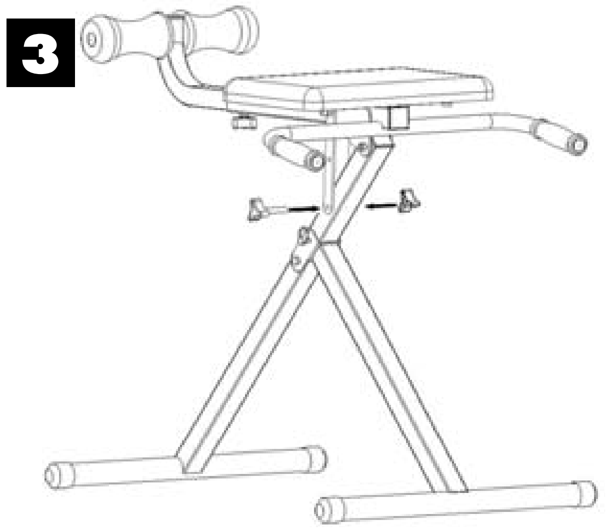
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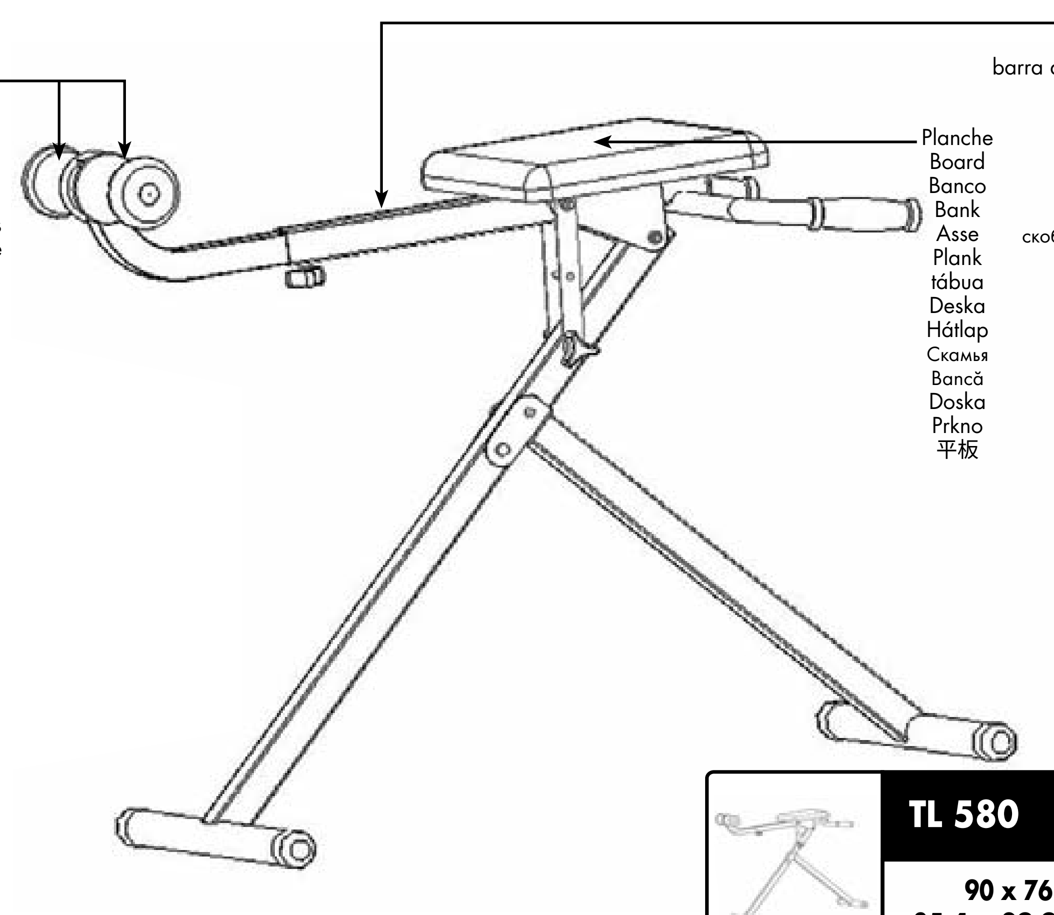


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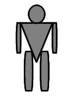




TL 580	12,5 kg 27,6 lbs
90 x 76 x 50 cm 35,4 x 29,9 x 19,7 inch	

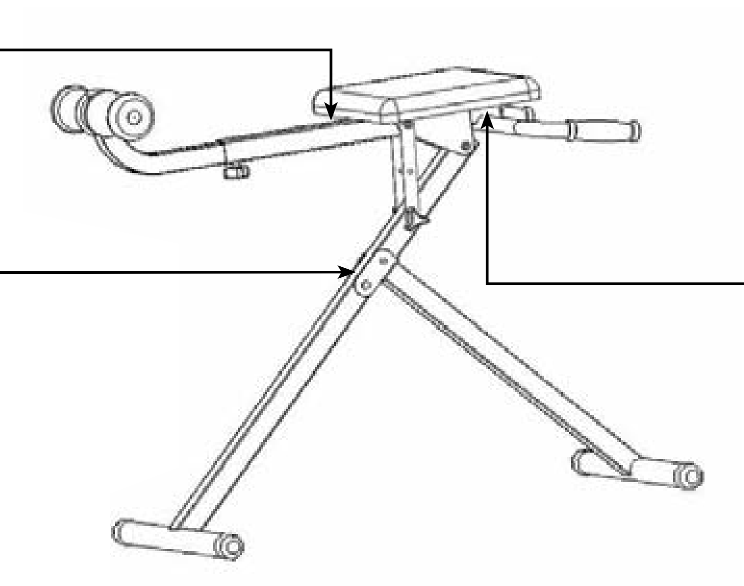
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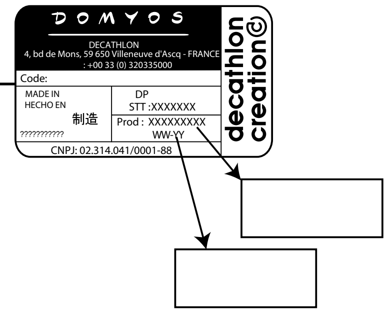
110 kg/ 242 lbs



⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.
- Keep hands, feet and hairs away from moving parts.





AVERTISSEMENT

- Tout usage impropre de ce produit risque de provoquer des blessures graves.
- Avant toute utilisation, veuillez lire attentivement le mode d'emploi et respecter l'ensemble des avertissements et instructions qu'il contient.
- Ne pas permettre aux enfantsd'utiliser cette machine et les tenir éloignés de cette dernière.
- Si l'autocollant est endommagé, illisible ou manquant, il convient de le remplacer.
- Ne pas approcher vos mains,pieds et cheveux de toutes les pièces en mouvement.

ADVERTENCIA

- Cualquier uso impropio de este producto puede provocar heridas graves.
- Antes de cualquier utilización, lea atentamente el modo de empleo y respetar todas las advertencias e instrucciones que contiene.
- No permitir a los niños utilizar esta máquina y mantenerlos alejados de la misma.
- Si faltase la pegatina, o si la misma estuviera dañada o ilegible, conviene sustituirla.
- No acercar sus manos, pies y cabello de todas las piezas en movimiento.

WARNHINWEIS

- Jede unsachgemäße Benutzung dieses Produktes kann schwere Verletzungen zur Folge haben.
- Vor jedem Gebrauch bitte diese Gebrauchsanweisung aufmerksam lesen und alle darin enthaltenen Warnhinweise und Anweisungen befolgen.
- Kindern ist die Benutzung dieser Maschine zu untersagen und sie sind davon fernzuhalten.
- Ist der Aufkleber beschädigt, unleserlich oder nicht mehr vorhanden, muss er ersetzt werden.
- Ihre Hände, Füße und Haare von allen drehenden Teilen fernhalten.

AVVERTENZA

- Ogni uso improprio del presente articolo rischia di provocare gravi incidenti
- Prima di qualsiasi utilizzo, vi preghiamo di leggere attentamente le istruzioni per l'uso e di rispettare le avvertenze e le modalità d'impiego.
- Tenere i bambini lontani dalla macchina e non permettere loro di utilizzarla.
- Se l'etichetta è danneggiata, illeggibile o assente, occorre sostituirla.
- Non avvicinare mani, piedi e capelli ai pezzi in movimento.

WAARSCHUWING

- Onjuist gebruik van dit product kan ernstige verwondingen veroorzaken.
- Voordat u het product gaat gebruiken, moet u de gebruiksaanwijzing lezen en alle waarschuwingen en instructies die hij bevat toepassen.
- Deze machine niet door kinderen laten gebruiken en niet in de buurt ervan laten komen.
- Als de sticker beschadigd, onleesbaar of afwezig is, moet hij vervangen worden.
- Uw handen, voeten of haar niet in de buurt van de bewegende delen brengen.

AVISO

- Qualquer utilização imprópria deste produto comporta o risco de causar danos graves.
- Antes de cada utilização, leia atentamente as instruções de utilização e respeite o conjunto dos avisos e instruções incluídas.
- Mantenha este aparelho afastado das crianças e não permita a sua utilização por estas.
- Se o autocolante estiver danificado, ilegível ou ausente, é conveniente substituí-lo.
- Não aproxime as suas mãos, pés e cabelos das peças em movimento.

UWAGA

- Nieprawidłowe użytkowanie produktu może być przyczyną wypadków.
- Przeczytaj instrukcję obsługi i przestrzegaj wszystkich zaleceń i instrukcji.
- Nie zezwalaj dzieciom na zabawę na i w pobliżu urządzenia.
- Wymień etykiety w przypadku uszkodzenia, nieczytelności lub ich braku.
- Nie zbliżać rąk, nóg i włosów do elementów w ruchu.

FIGYELMEZTETÉS

- A szerkezet helytelen használata súlyos sérülésekhez vezethet
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatást
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik
- Tartsa távol a kezeket, lábakat, a hajat a mozgó alkawtrészektől

Предупреждение

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения
- Перед использованием внимательно прочитайте инструкцию по эксплуатации
- Соблюдайте все предосторожности и рекомендации, которые содержит этот документ
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить
- Необходимо следить за тем, чтобы руки, ноги и волосы находились вдали от движущихся частей аппарата

Προειδοποίηση

- Η ακατάλληλη χρήση του προϊόντος εγκυμονεί κίνδυνο σοβαρού τραυματισμού.
- Πριν από κάθε χρήση, διαβάστε προσεχτικά τις οδηγίες χρήσης και τηρείτε όλες τις προφυλάξεις και τις οδηγίες που περιέχουν.
- Μην επιτρέπετε τη χρήση του μηχανήματος από παιδιά και κρατήστε τα μακριά από αυτό.
- Εάν κάποιο αυτοκόλλητο έχει καταστραφεί, είναι δυσανάγνωστο ή λείπει, θα πρέπει να αντικατασταθεί
- Μην πλησιάζετε τα χέρια, τα πόδια και τα μαλλιά σας σε κινητά εξαρτήματα

ATENȚIE

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răniri grave.
- Înainte de utilizare, vă rugăm să citiți cu atenție modul de folosire și să respectați toate
- Atenționările și instrucțiunile pe care acesta le conține.
- Nu permiteți copiilor să utilizeze această mașină și țineți-i departe de aceasta.
- Dacă autocolantul este deteriorat, ilizibil sau lipsește, este indicat să-l înlocuiți
- Nu vă apropiați mâinile, picioarele și părul de piesele în mișcare.

UPOZORNENIE

- Akékoľvek nevhodné použitie tohoto výrobku môže vyvolať vážne poranenia.
- Pred akýmkoľvek použitím výrobku si starostlivo prečítajte návod na použitie a rešpektujte všetky upozornenia a pokyny, ktoré sú tu uvedené.
- Nedovoľte deťom, aby tento prístroj používali a približovali sa k nemu.
- V prípade, že je samolepiaci štítok poškodený, nečitateľný alebo štítok chýba na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k súčiastkam, ktoré sa pohybujú.

UPOZORNĚNÍ

- Jakékoliv nevhodné použití tohoto výrobku může způsobit vážná poranění.
- Před jakýmkoliv použitím výrobku si pečlivě pročtěte návod k použití a respektujte všechna upozornění a pokyny, která jsou zde uvedena.
- Zabraňte dětem, aby tento přístroj používaly a přibližovaly se k němu.
- Jestliže je samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohybujícím se součástkám.

注意

- 滥用本产品有造成严重伤害的可能。
- 使用前请阅读使用说明，遵守其中的有关注意事项和操作规定。
- 不要让儿童使用本产品或在产品周围玩耍。
- 若标签受损、印刷模糊或无标签，则应更换标签。
- 使手、脚和头发远离运动的部位。

You have chosen a piece of fitness equipment by DOMYOS. We thank you for your confidence in us.
We have created the DOMYOS brand to provide a way for all athletes to stay in shape.
This product has been designed by athletes for athletes.
We would be pleased to receive your comments and suggestions concerning DOMYOS products.
Therefore, your store team is ready to listen, as is the DOMYOS products design department.
You can also find us at www.DOMYOS.com
We wish you successful training and hope that you will enjoy using this DOMYOS product.

PRESENTATION

The TL 580 is a home bodybuilding and stretching table.
Training on this type of device aims to work on your lumbar muscles (along your spinal column).
The TL 580 is also useful for stretching your back muscles, particularly if you suffer from lower back pain.

SAFETY

Warning: to reduce the risk of serious injury, please read the following important user precautions before using the product.

1. Read all the instructions in this manual before using the product. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product.
2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely.
3. Domyos does not accept any liability for complaints of personal injury or harm caused to any person or any thing as the result of improper use of the product by the purchaser or by any other person.
4. This product is intended for domestic use only. Do not use this product in a commercial, rental, or institutional setting.
5. Use this product indoors, away from humidity and dust, on a flat, hard surface and in a sufficiently large space. Make sure that there is sufficient space for safe access to and safe movement around the product. Place a rug under the product to protect the floor.
6. The user is responsible for ensuring proper care and maintenance of the equipment. After the product has been assembled and prior to each use, check that the fasteners are properly tightened and that none are protruding. Check the condition of the parts that are most subject to wear and tear.
7. In the event that your product becomes damaged, immediately have any worn or defective parts replaced by the After-Sales Service Department of your nearest DECATHLON store. Do not use the equipment until it has been completely repaired.
8. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.)
9. Wear sports shoes to protect your feet while exercising. DO NOT wear loose or baggy clothing, since it may get caught in the machine. Take off all jewellery.
10. Put your hair up so that it does not get in the way during exercise.
11. If you feel any pain or if you become dizzy while exercising, stop immediately, rest, and consult a physician.
12. Keep children and pets away from the product at all times.
13. Before undertaking this exercise programme, you must consult a doctor to be sure there are no counter-indications, particularly if you have not done any sport for several years.
14. Do not modify your product.
15. Maximum user weight: 242 lbs. – 110 Kg

MEDICAL WARNING

Getting into shape must be done in a CONTROLLED manner.

Consult your doctor before beginning your exercise programme, particularly if you are over 35 or have had health problems in the past, especially back problems. Only a doctor can offer you the best advice on the most suitable treatment. Read all instructions before use. DECATHLON does not accept any liability for complaints of personal injury or harm caused to any person or any thing as the result of improper use of the product.

E N G L I S H

USE

For the best training outcomes, please follow the following recommendations:
- If you are a beginner, start training for several weeks with short series, without forcing yourself, to get your muscles used to the strain.
- Warm up before each session with a cardio-vascular workout, or ground warm-ups and stretches.
- Make regular movements and avoid sudden movements.
- Always keep your back straight or rounded. Do not bend your back during the movement.
- We recommend 3 series of 10 repetitions, twice a week.

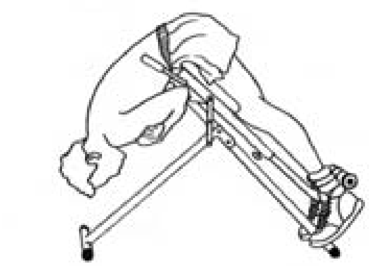
CARE

To avoid sweat damaging the saddle of the product, use a towel or dry the saddle after your training session.
Apply a light coating of grease to the mobile parts to improve their function and to avoid any unnecessary wear and tear.

EXERCISE PRESENTATION

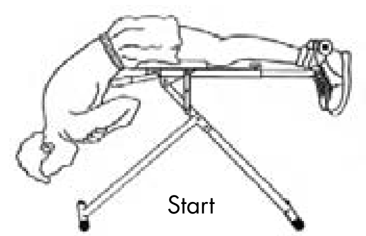
STRETCHES

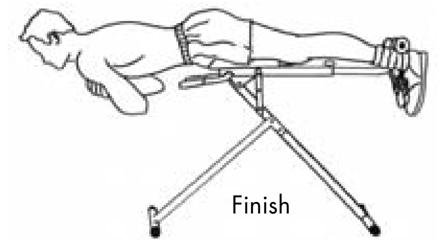
- **A** Set the table to 45°
- **B** Set the length of the leg extension so that the heel rests are behind your ankles
- **C** Position yourself so that your heels are wedged under the leg extension and your pelvis is on the board
- **D** Lean forward slowly, bringing your head forward and curving your back
- **E** Relax by relaxing the muscles behind your thighs and your back.
- **F** Maintain this position for a period of between several seconds and several minutes.



BODYBUILDING

- **A** Set the table to the horizontal position.
- **B** Set the length of the leg extension so that the heel rests are behind your ankles.
- **C** Use the handles to position yourself so that your heels are hooked below the leg extension and your pelvis is on the board.
- **D** From the raised position, start by lowering your head, then your shoulders and finally your lower back so that you lean forward by uncoiling your back.
- **E** Lift yourself up by first tightening your buttock muscles, then your lower back, then your shoulders and finally your head, lifting yourself slowly.
- **F** Repeat to perform a series of 10 repetitions.
- **G** Movements should be made slowly, without any sudden movements, always controlling both forward and backward movements.
- **H** Do not lift yourself too far (past the horizontal). Do not arch your back





WARRANTY

DECATHLON guarantees the materials and workmanship of this product under normal conditions of use for 5 years for the structure and 2 years for parts subject to wear and tear and for workmanship, starting at the date of purchase as indicated by the date on the till receipt.
DECATHLON'S obligation with regard to this guarantee is limited to the replacement or repair of the product, at the discretion of DECATHLON.
All products for which the warranty is applicable must be received by DECATHLON at one of its approved facilities, delivery prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:
- Damage caused during transport
- Improper or abnormal use
- Repairs made by technicians not approved by DECATHLON
- Use for commercial purposes

This warranty does not exclude any legal guarantees applicable according to country and/or province.

DOMYOS, 4 BOULEVARD DE MONS - BP299 - 59665 VILLENEUVE D'ASCQ – France